

AMENDMENTS TO THE CLAIMS

This listing of claims replaces all prior versions, and listings, of claims in the application:

Listing of Claims:

1. **(Currently Amended)** An exercise system-apparatus comprising:
a frame;
a housing coupled to and at least partially surrounding said frame;
a user engagement mechanism coupled to said frame for relative movement with respect thereto, ~~said user engagement mechanism comprising at least one of a pedal, a step, a graspable member, and a planar surface;~~
a resistance varying mechanism coupled between said frame and said user engagement mechanism, said resistance varying mechanism being operative to cause a change of an exertion by a user engaged with the user engagement mechanism during an exercise session; and
~~control circuitry at least partially surrounded by said housing and~~ electrically coupled to said resistance varying mechanism, said control circuitry having an input; and
a digital storage device storing control signals and the voice of a virtual personal trainer, wherein said control signals and said voice of a virtual personal trainer are interrelated, said digital storage device being coupled to said input of said control circuitry whereby said exercise apparatus can be operated within an exercise session by varying a resistance of said user engagement mechanism in accordance with said control signals with the accompaniment of said voice of said virtual personal trainer, the exercise session comprising use of a plurality of exercise apparatuses, and said voice of said virtual personal trainer of said exercise apparatus being adapted to provide instructions regarding use of said plurality of exercise apparatuses during the exercise session.

2. **(Previously Presented)** An exercise system as recited in claim 1 wherein said digital storage device is at least one of coupled to said frame, coupled to said housing, and at least partially surrounded by said housing.

3. **(Previously Presented)** An exercise system as recited in claim 1 wherein said input to said control circuitry includes an input port, and wherein said digital storage device is coupled to said input port by a cable.

4. **(Previously Presented)** An exercise system as recited in claim 3 wherein said control circuitry includes a microprocessor, and wherein said digital storage device comprises at least one of a CD optical digital storage, other forms of optical digital storage, a hard disk magnetic digital storage, other forms of magnetic digital storage, RAM semiconductor digital memory, and other forms of semiconductor digital memory.

5. **(Previously Presented)** An exercise system as recited in claim 4 wherein said resistance varying mechanism includes at least one of a brake and a motor, and further comprising an output port coupled to at least one of said control circuitry and said input port, which provides audio output signals of at least said voice of said virtual personal trainer.

6. **(Currently Amended)** An exercise apparatus comprising:
 - a user engagement mechanism including at least one of a pedal, a step, a graspable member, and a planar surface;
 - an exertion varying mechanism coupled to said user engagement mechanism, said exertion varying mechanism being operative to cause a change of an exertion by a user engaged with the user engagement mechanism during an exercise session; and
 - circuitry electrically coupled to said exertion varying mechanism and being operationally receptive to control signals which are provided in correlation with a voice of a virtual personal trainer, wherein both said control signals and said voice of a virtual personal trainer are, at least at some point in time, stored together in a digital storage medium;

whereby said exercise apparatus can be operated within an exercise session with the capability of both varying an exertion of said user and contemporaneously providing said voice of a virtual personal trainer, the exercise session comprising use of a plurality of exercise apparatuses, and said voice of a virtual personal trainer of said exercise apparatus being capable of providing instructions regarding use of said plurality of exercise apparatuses during the exercise session.
7. **(Previously Presented)** An exercise apparatus as recited in claim 6 wherein said digital storage medium associated with digital device can derive said control signals and said voice of said virtual personal trainer from said digital storage medium.
8. **(Previously Presented)** An exercise system as recited in claim 6 wherein said digital storage medium is selected from the group consisting essentially of magnetic media, optical media, and semiconductor media.
9. **(Previously Presented)** An exercise system as recited in claim 8 wherein said optical media is a compact disc (CD).
10. **(Previously Presented)** An exercise system as recited in claim 6 wherein said circuitry receives said control signals from a server which communicates over a network.

11. **(Previously Presented)** An exercise system as recited in claim 10 wherein said server is accessed using Internet protocols.

12. **(Previously Presented)** An exercise system as recited in claim 6 wherein said digital storage medium is separate from said apparatus and is coupled to said apparatus by a transmission medium.

13. **(Previously Presented)** An exercise system as recited in claim 12 wherein said transmission medium is a cable.

14. **(Original)** An exercise system as recited in claim 6 wherein said resistance varying mechanism includes at least one of a brake and a motor.

15. **(Currently Amended)** An exercise system comprising:
- (a) an exercise apparatus including:
 a frame;
 a housing coupled to and at least partially surrounding said frame;
 a user engagement mechanism coupled to said frame for relative movement with respect thereto;
 an exertion varying mechanism coupled to said frame and associated with said user engagement mechanism, said exertion varying mechanism being operative to cause a change of exertion level by a user engaged with the user engagement mechanism during an exercise session;
 internal circuitry including a microprocessor at least partially surrounded by said housing and electrically coupled to said exertion varying mechanism, said internal circuitry being operationally responsive to digital control signals which are temporally related with a voice of a virtual personal trainer whereby an exercise session can be enhanced with the capability of both varying an exertion and providing said voice of said virtual personal trainer, the exercise session comprising use of a plurality of exercise apparatuses, and said voice of a virtual personal trainer of said exercise apparatus being capable of providing instructions regarding use of said plurality of exercise apparatuses during the exercise session; and
 an input port coupled to said control circuitry; and
- (b) an external device coupled to said input port, said external device including digital storage provided separately from said exercise apparatus and operative to at least temporarily store said control signals and said voice of said virtual personal trainer together in said digital storage.

16. **(Previously Presented)** An exercise system as recited in claim 15 wherein said external device includes a digital processor.

17. **(Previously Presented)** An exercise system as recited in claim 16 wherein said external device comprises at least one of a personal computer system and a server communicating over a network.

18. **(Previously Presented)** An exercise system as recited in claim 16 wherein said digital storage is at least one of optical storage, magnetic storage, and semiconductor storage.

19. **(Previously Presented)** An exercise system as recited in claim 16 wherein said digital storage is at least one of a CD, a hard disk, a RAM and a ROM.

20. **(Previously Presented)** An exercise system as recited in claim 15 further comprising an output port providing analog electrical signals to drive an electro-acoustical device which reproduces said voice of said virtual personal trainer.

21-24 **(Canceled)**